

EXERCISE DEVICE FOR EXERCISING UPPER BODY
SIMULTANEOUSLY WITH LOWER BODY EXERCISE

ABSTRACT

Exercise apparatus for exercising the upper body simultaneously with lower body exercise, comprising a lower body exercise machine and at least one upper body exercise module positioned for use in conjunction with the lower body exercise machine. The upper body exercise module comprises an elongated connector having first and second ends; a user engagement connected to the elongated connector first end for engaging or being engaged by a body appendage of a user; and a resistance mechanism for resisting a force applied to the first end of the elongated connector. Each upper body exercise module is adapted to provide resistance to a full, natural arm swing of at least one arm of the user. Various types of lower body exercise machines, resistance devices, user engagements, relationships between the upper body exercise module and the lower body exercise machine, and exercise methods using the apparatus are disclosed.